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RECREATION news

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THE RECREATION AND CULTURAL DEVELOPMENT BRANCH

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Edmonton, Alberta, December 1964

No. 11



"Our Business is Fun!"

Happy
Holidays

A Christmas Party

Invitations:

Printed on white paper with red ink or red paper with white ink.

Christmas comes but once a year,
So when it comes we want you here,
For revelry with noise and lights—
At eight o'clock on Friday night.

Hostess.

Christmas comes but once a year,
So come and join us in good cheer.
Over at our house is the spot
On Friday night at eight o'clock.

Hostess.

Decorations:

Everyone has their own idea of Christmas decorations. Some people like gay decorations and some like the more serious type like the nativity scene. A mixture of both is very nice too. The Christmas Tree all aglitter with the tinsel and the lights and the usual decorations is usually the centre of attraction. The home with a fireplace is lucky for here you may put up the traditional Christmas stockings and on the mantlepiece may be found the nativity scene ringing out the news of the birth of our Savior. For the usual community Christmas party, the most pleasing effects are the simplest and the easiest to obtain. Lighted wreaths may be placed in the windows or on the door.

Mistletoe and holly is placed in various and unsuspecting places throughout the room. Painted cut-outs of Santa Claus, Christmas Trees and Candles make very nice decorations for the walls. Columns, lattice work and other suitable places may be intertwined with greenery with a few stars peeping through.

All the decorations for the tree should be placed on tables which have been numbered. There should be the usual decorations of popcorn, with needle and thread for making popcorn strings, bright red cranberries or red and green crepe paper for making garlands for the tree and for hanging from the ceiling and the lights. Big and little bells might also be used in the decorations. They may be used to loop back the curtains or they could be hung across the doorway so that when the door is opened

the wind will blow in and sway them causing them to tinkle.

When the guests arrive they are given a card with a Christmas seal on it. There should be two of each kind of seal. If the party is a fairly large one there should be a number of seals of the same kind handed out so that the guests may form groups instead of partners. When partners have been found, or groups have been formed, they are instructed to look on the other side of their cards and follow the directions that are written there. The directions on the cards may instruct them to find table one and thread popcorn; or find table two and make paper chains and garlands; or a number of other simple tasks. From ten to twenty minutes is allowed for the making of these decorations or it may be conducted on a competitive basis to see who can make their decorations first, and which decorations are the prettiest.

Everyone wants to decorate the tree but this should be reserved as a reward of merit. Merit should be judged by the hostess and should be rewarded to the prettiest decorations or to the winners of a few games. The losers may make suggestions to the people doing the decorating but they may not criticize the work of the decorators.

Merry Christmas, Neighbor:

Each guest is given five to ten tags and pins. They are then told (at a given signal) that if they can shake the hand of another guest, bow and say "Merry Christmas, Neighbor" before the other person can do the same, he is permitted to pin a tag on the other person. The first person to give away all of his tags receives a prize. Inexpensive toys are suggested.

Christmas Poem:

Write out the poem "The Night Before Christmas" on slips of paper, one line on each slip. Give the lines odd and even numbers and then distribute the odd lines to the boys and the even lines are given to the girls. Read the poem out loud after announcing that the players must find the person having the line that rhymes with theirs. This is an excellent partner finder or if you wish to



have small groups you can have the ones with the first four or five lines form one group, the next four or five lines form another group and so on.

Christmas Delivery:

Wrap ten or twelve bundles of odd shapes and sizes that are easy enough to be carried and place them on two tables, the same amount of bundles on each table. At a given signal the first girl in each line runs to the table, picks up the bundle, returns to her partner and places them in his arms. She then takes his hand and they run around a table or a chair placed some twenty feet away. They then return to the table and the girl takes the parcels from her partner's hands, places them back on the table and touches off the next couple. The winning team is the one who is first to finish. Inexpensive toys make suitable prizes.

Santa Claus Puzzle:

A Santa Claus head is pasted onto cardboard to make it firm and then it is cut into small pieces. Each head should be cut in the same manner. Divide the group into teams and then present them with a set of cut-outs and instruct them to piece the puzzle together as fast as they can. The team who pieces the puzzle together first wins the game.

Christmas Stocking:

Inform the guests that although the word "stocking" contains only 8 letters, these letters will form at least 20 words. Give out paper and pencil and have them find the following using only these 8 letters:

(Continued on page 7 for easy filing)

NORTHERN AREA NOTES

"Recreation in Grande Prairie"

"HOME OF THE TRUMPETER SWAN"



Unveiling of the Trumpeter Swan by Mayor George Repka, Grande Prairie's Golden Jubilee Year, 1964. Designer, Mrs. M. A. Koffler in background.

The Recreation Department, City of Grande Prairie, is pleased to be in the spotlight in this issue of "Recreation News". Our counterparts in Peace River and Grimshaw have superbly edited recreation notes from their centres in the previous two issues. We shall attempt to follow the standard set by these two communities.

This article will not be a report on the recreation program in Grande Prairie. We will not be listing the hordes of activities that make this community thrive recreationally. Rather, we intend to pick out several phases of our program, phases that may be new to you, and elaborate on these phases. We trust you will take for granted that Grande Prairie offers all the programs—athletics—educational—artistic—found in other communities.

A "First" for Grande Prairie

The first three-level minor hockey coaches clinic to be conducted in the

Peace River area, completed the first stage last week.

The three-level clinic, conceived by the Grande Prairie Recreation Department and Northern Area Consultant Syd Moore, met tremendous enthusiasm.

Twenty-five local minor hockey coaches graduated from Level One last week and are already pressuring our Department to conduct Level Two this January.

The first level of the series deals primarily with the fundamentals of hockey, objectives of hockey, and coaches' responsibilities. Level Two covers the individual players on a team; what a coach should look for in a centre—winger—defenceman. Offensive and defensive team play is thoroughly discussed in Level Three. This level also deals with a session entitled "Why Johnny Plays".

Coaches will receive 25 hours of lectures and practical on-the-ice practices in the three levels. Mr. Ken Head and

Lew Johnson, Recreation Superintendent, instruct the clinic.

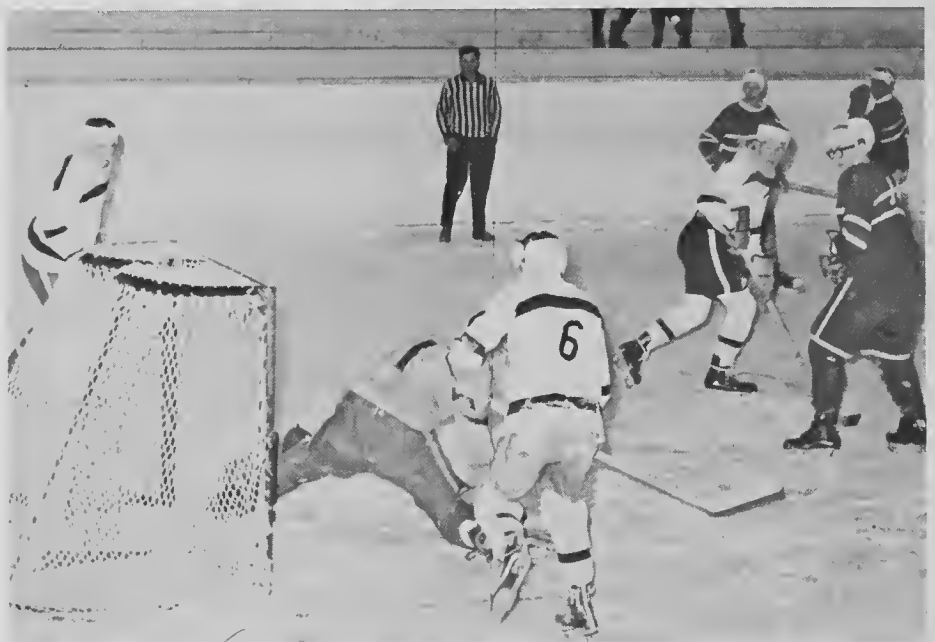
Incidentally, a record number of young players registered for this minor hockey season. Over 500 boys will lace their skates in the Knights of Columbus Midget and Juvenile leagues, and the Hockey association's minor league. Commissioners of the two leagues are Paul Keroack and Roy Peterson, respectively. These men, along with their committees and coaches, are responsible for the expanding and developing minor hockey program in Grande Prairie.

"Something New"

Three school auditoriums are ringing with happy noises from over 300 faces this fall. The occasion is the Recreation Department's revised Youth Activity Classes.

One evening every week over 100 Grande Prairie children between 8 and 11 years and 12 to 15 years gather in their separate schools for these classes.

The program features tumbling and



Action photo of Grande Prairie's Minor Hockey Leagues. Over 500 boys registered for Minor Hockey this year.

gymnastics, team games, mixers, and socializers. The program itself is not extraordinary.

The manner in which the program is presented, however, is extraordinary—and puts it a step above the “run of the mill” activity class.

Stingrays Challenge the Beavers

The Stingrays challenge the Beavers in floor hockey. The Introverts challenge the Extroverts in rounders. The Clodhoppers challenge the Mice in charades. The Crafties challenge the Nuts and Bolts in 20 Questions. This is something extraordinary. The kids name their own game and their own competition. It's called the ladder-challenge system.

Each child attending the first class is immediately placed on a mixed team of 10 to 15 players. The teams select their own team names. The team names are then examined by the leaders on the basis of their originality, and are placed on the first, second, third, and so on down, rungs of an actual ladder.

And here the fun begins. Each team can challenge up, one or two rungs on the ladder. In the thirty minute session slated for team games, teams can challenge in any one of seven events. Similarly, the mixer or socializer session offers a choice of five events.

All program events are pre-selected, in order to accommodate three events simultaneously on a gym floor.

Six teams then are on the gym floor, at one time. No one is left sitting around. When there is an odd number of teams, the team not in any event, act as referees and judges for the other events.

All the games are played on a time limit basis. The team with the most points at the conclusion of the ten or fifteen minute period is the winner. This practically eliminates the “fooling around” evident in many classes of this type. With a time limit in all games, and the kids keen to get in as much playing time as possible, there is no place for the “show-off” artist.

If the challenging team wins the event, then that team's name is placed on the ladder rung occupied by their competitor, and the competitor's name drops down to the rung previously occupied by the challenger. It is not uncommon to see a different name on the top rung of the ladder four or five times during an evening.

One of the most satisfying portions of the program, however, is the amount and varied leadership it produces.

The husky, athletic boy who knocks



Grande Prairie's Trumpeter (Competitive) Swimming Club is one of the strongest in the Peace. Close to 65,000 swimmers enjoyed Grande Prairie's fine pool facilities last summer.

the ball a mile in rounders, suddenly requires the leadership of the frail little girl (the one who usually strikes out in rounders) in charades, or challenge sing-songs.

Lindsay Minto, the Co-ordinator of the Youth Activity Classes, notes that the class leaders have had a little problem orienting the participants to this program. Class leaders, Geraldine Lang, Sharon Thornton, and Sydney Sharpe agree that this is a magic way to develop leadership and interest in a diversified program.

The ladder-challenge program is novel—it works—it is interesting, active and challenging. We call it “Community Tabloid”. (We are willing to divulge more details to anyone interested).

“Do We Give Too Much”

A policy proposed by Lew Johnson was unanimously accepted by the Grande Prairie Parks and Recreation Board at a recent meeting.

The proposal read as follows:

Policy Re: Admission: I am aware that in this

City, as in other centres, a controversy exists regarding admission charges for youthful participants in our programs. Some comment that if by levying a fee we eliminate one youngster we are not doing our duty as a public recreation department. Others point out that if

you charge for one activity, it follows that there should be a charge for all others.

Both of these sides, I believe, have merit. There are two aspects, however, to consider in regarding admission charges:

1. Financial aspects

2. Contribution—the contribution we make to the individual's character, giving him an awareness that we pay, in some manner or another, for anything we receive in our society. I feel that we can contribute to “delinquency” by constant free giving as much as we can by eliminating an individual or individuals due to admission fees.

In my opinion, the solution is levying and maintaining an admission fee for all programs and activities. A fee set on the basis of the average income family—and by providing opportunities for those who would be eliminated by such a fee, to gain entrance to the same programs and activities.

There are two procedures which can supplement a policy such as this. And I request your permission and approval to develop and implement such a policy into our total program in a period of time.

1. By instituting an agreement with the Welfare Department wherein they would survey all their applicants



The Recreation Department's Tuesday evening Millinery Class in action.

regarding recreational interests and desires. The Recreation Department would be responsible for contacting same, inviting them into our activities, with our department subsidizing their registration fee.

2. By giving activity applicants an opportunity to pay an initial registration fee or to work out the payment of such a fee on the basis of an hourly rate of pay. This procedure blends well with activities such as minor baseball and hockey.

Chairman of the Board, Mr. Gerald Card, remarked that finding work for children was a problem in many homes today, and that in his opinion, working for a fee, whether one could afford it or not, would make a tremendous contribution to each individual.

The policy was accepted and Grande Prairie's Youth Activity Classes are the first "testing ground". It is a new undertaking and we are not able to completely evaluate it at this time. However, if they give us another opportunity to appear in this publication, we shall relate the outcome of this policy.

"Camping Anyone"

The Peace River Area Recreation Administrators are enthused with the response to their suggestion of conducting a beginners camp counsellors course in the Peace River Area. The Peace River Area Recreation Administrators have proposed that camp counsellors course be offered at two levels: an introductory (I) level and an advanced level. Their suggestion is that the introductory (level I) course, presently offered at Pine Lake, be conducted locally (i.e. Peace River Area) and that the Province and the Alberta Camping

Association offer the advanced (level II) course at Pine Lake.

This would lead to the development of a progressive training program for the Alberta Camping Association and Camp personnel throughout the Province.

The administrators are enthused with the response from camp personnel in the Peace River Area. Present indications are that close on the heels of last year's first co-operative area week-long Playground Supervisors Course, the Northern Administrators will hit another first this summer, with an area, Level I, Camp Counsellors Course.



Grande Prairie's active Ski Club provides annual instruction courses on the fine Wapiti Ski Hill.

"Twelve Foot Davis Enigma"

We noticed a picture in the last issue of Recreation News of a statue of "Twelve Foot Davis". The article claimed Peace River Town as the Home and Grave of Twelve Foot Davis. We hear rumors from the Lesser Slave Lake community of Grouard that "Twelve Foot Davis" was actually buried in the Grouard Area! What about it, Peace River! (Roy Blais).

ARTS AND CRAFTS

Our Recreation Department is proud of our blossoming Arts and Crafts Program. We recently obtained the services of an Arts and Crafts Co-ordinator Mrs. Evy McBryan. Mrs. McBryan is charged with development of Arts and Crafts in Grande Prairie.

The Arts and Crafts Division is working very closely and harmoniously with our already well established Arts and Crafts Guild. The Guild is located above our library and has as its most able president Mrs. Lottie Wendt. It takes care of all activity in ceramics, weaving, leather, and basketry. At the present time their ceramics convener, Mrs. Fran Koffler, is teaching a large group of beginning potters, both adults and children.

Mrs. Mary Forest, our very capable Millinery instructor, instructs candidates five nights a week at the Central Park Centre. Over forty ladies are presently registered and are making their own top wear finery.

The Art Club Studio has been a hive of activity preparing for its workshop under Mr. Les Graff.

The Studio, which is located in Central Park School, is the home of two adult art clubs as well as a junior and elementary club.

Both the first and second year clubs spent their first six weeks studying composition, doing practical and theoretical experiments, and ended up doing collages.

Collages proved to be a very popular program. The creation of a collage, consisting as it does of creating a picture from junk, was a real test of each artist as a composer. It was great fun, everyone literally cleared the attic and brought the conglomeration to the art club. Then everyone dug in the pool and chose the colors and textures that interested them and started composing. The result—collage.

Both groups then moved on to color theory. The first year group explored the physical properties of color, while the second year group was exploring the psychological effects of color.

The workshop will bring this semester to a close as far as active participation by the adults.

The Juniors did a Hallowe'en Mural and sketching in oil pastels.



Two industrial artists, Mrs. Prellwitz and Mr. Wayne File, putting the finishing touches on a collage at the Grande Prairie Art Club.

The elementary groups are working on a stained glass window using wax

paper and tissue. They take a fun break every few weeks to do some sketching and painting.

A small group is working on Wednesdays and Thursdays on Aluminum Etching.

Registrations are coming in for a sewing course which may be held in early spring.

We are all looking forward to a gay and happy Christmas season—after which we will all be anxious to get back to our Arts and Crafts.

DRAMA

Four drama groups presently in the City play an active role in our cultural program.

One of the Little Theatre groups, under the direction of Graham Allen, is presently planning a Christmas Pageant for children.

Preparations are under way for the presentation of "My Fair Lady" in the spring of 1965.

We take this opportunity to say "Merry Christmas" to all.



Presented by the Grande Prairie Little Theatre, "The Bleeding Heart of Wee Jon" shown above, won the Best Production Award in the Drama Festival of the Peace 1964. Mr. Graham Allen was awarded the Best Director Award for this presentation.

Photos in this article, courtesy of the Grande Prairie Daily Herald-Tribune.

The following broad definitions apply for this publication.

Recreation is the enjoyable, satisfying and constructive use of leisure time.

Culture is the complex whole of society which includes knowledge, belief, custom and other capabilities and habits acquired by man.

Leisure Time is that portion of available free time devoted to the pursuit of leisure values.

A CHRISTMAS PARTY

(from page 2)

1. A small bedcot
2. Part of a wheelcog
3. A royal personking
4. A mileknot
5. Something to spendcoin
6. A useful metaltin
7. For a footsock
8. An intoxicating drinkgin
9. An outfit for a sailorkit
10. A poem set to musicsong
11. What birds dosing
12. To do wrongsin
13. Where dishes are washedsink
14. Above a store doorsign
15. Another name for notchnick
16. A heavy weightton
17. One who doesn't laugh or cry...stoic
18. Used for a fireplacetongs
19. Something a bee doessting
20. Covering for the bodyskin

A stocking of Christmas candy should be awarded to the winner.

Snowballs:

Give each person three snowballs made of white cotton. Hang a large holly wreath in the centre of the room and let each person throw his balls through the centre of the wreath. Each person who succeeds in putting all three of his snowballs through the centre of the wreath wins a prize. One might choose a popcorn ball or miniature wreath as an appropriate prize.

Passing the Snowball:

All the players stand in a circle. A ball made of cotton is passed as quickly as possible from one person to the next around the circle. At a signal the ball passing is stopped and the person holding a ball pays a penalty. For the first offense he must kneel on one knee, for the second he must put his right arm behind him, for the third he must kneel on both knees, for the fourth he must put both arms behind him. The object of the game is to remain standing.

Find the Bell:

Have the group form a circle, standing side by side and fairly close together. "It" stands in the centre of the circle. A small, tinkling bell is passed around the circle behind the backs of the players while "It" tries to locate the bell by listening for it to ring. (Players are absolutely forbidden to hold the bell by the clapper!) When "It" is

successful in locating the bell, the one caught with the bell then becomes "It" and goes to the centre of the circle. The game is then repeated.

The Hidden Bell:

A Christmas bell is hidden somewhere in the room and the players are to find it. When they discover the hiding place of the bell they sit down immediately and sing the chorus of "Jingle Bells" while keeping time with their hands and feet. The object of the game is to attempt to keep the other players from discovering the bell so a player who sees it will attempt to conceal the fact that he has located it by turning away and pretending to discover it in some other place. The last person to discover the whereabouts of the hidden bell may be given a toy telescope or some other "booby prize".

In Santa's Pack:

What has Santa brought in his pack? The leader asks the following questions and the guests write down the answers, which is an article found in Santa's pack. An inexpensive toy might be awarded to the best list.

1. Part of a bride's formal dress [train
2. Part of an eardrum
3. Three kittens lost their.....mittens
4. A way of transportation in pioneer [dayswagon
5. The highest pointtop
6. Hans Brinker's were silver...skates
7. Containers for knowledge.....books
8. A very formal affairball
9. A nickname for Dorothy.....dolly
10. Future members of the Canadian [Legionsoldiers

Singing and Giving of Gifts:

It is always nice to end the party with the singing of Christmas Carols and the opening of gifts. Printed sheets of carols should be passed around and all the carols should be sung before leaving for home.

To ensure that everyone receives a gift each person should bring a small gift (the price being set beforehand). These gifts should be set beneath the tree and then names are called and each person comes forward to receive a gift. A boy brings a gift for a boy, a girl a gift for a girl, and each gift is marked "G" or "B" signifying which gender it should go to.

LIBRARIES COLUMN...

NEW MUNICIPAL LIBRARY IN WESTLOCK

Since 1945 the Town of Westlock has been served by a community library, which has been supported by various organizations in the district. The increasing use of the library over the past few years has created a need for better financial support, and therefore the library board felt that a municipal library should be established. Accordingly, a plebiscite was held on November 3rd which proved successful.

365 electors voted for the municipal library and 157 were opposed. This was a majority of nearly 70% of those voting; more than sufficient for the Town to give effect to the proposal.

Westlock is the fifty-fifth town in the Province to establish a municipal library.

HOW MUCH DOES LEISURE COST?

As a project for January 1965, (since it is stock taking time) why not set up a research group to determine the amount spent on recreational pursuits in your community.

Here are some guide lines—the identity is often lost in some other terminology or guise. It's Recreation really. What is spent now on books, magazines, trees, grass, gardens, pets, radios, TV, craft supplies, hobbies, tools, toboggans, athletic equipment, drama properties, playgrounds, hunting, theatre tickets, concerts, music, records, fishing equipment, teas, flying, night classes, cottages, barbecues, rumpus rooms, boats, banquets, P.A. system, parties, sport events, parks, zoos, holidays, popcorn, soft drinks, coffee breaks, service clubs, art supplies, 'sports' clothes, transportation, club rooms, dancing, instruments, bicycles, saddles, tents, country clubs, curling rinks, community halls, guides, brownies, cubs, scouts, Y.W. and Y.M. C.A., arenas, libraries, art galleries, lounges, 4H, swimming pools, cadets, photography, collections, maintenance of facilities, operation of facilities?

Add whatever we have missed. By the way—you could do this inquiry as a club project in your leisure hours and publish it locally.

DRAMA WORKSHOPS IN JANUARY '65

A number of drama workshops are projected for the early part of the new year for different areas of the province. A High School Drama Workshop is tentatively scheduled for the Grande Prairie region in mid-January, for Rocky

Mountain House the weekend of the 22nd of January, for Calgary on January 27th, 28th, and for the Raymond area on January 29th and 30th.

Detailed information may be obtained by writing to the Drama Supervisor.

12 REASONS Why a year-round Recreation System is Necessary

12. BECAUSE PEOPLE WANT IT.

Year-round recreation has passed the experimental stage and is an established fact. Many cities are conducting it successfully with large dividends in terms of human values. In 1944 year-round recreation programs were conducted in more than 500 cities under the leadership of workers employed the year round. Most of these leaders were paid from regular city funds. If year-round recreation had not proved an essential service, these cities, in a prolonged period of depression, would not be spending money for recreation, providing facilities, employing workers and conducting activities. The fact that increasingly cities are conducting their activities on the year-round basis bears significant testimony to the value of the year-round recreation system.

Last in the series courtesy National Recreation Association.

ARTS AND CRAFTS STAFF CONDUCTING EVALUATION SURVEY IN PROVINCE

Since October, 1964, the entire staff of the Arts and Crafts Division has been engaged in research throughout the province of Alberta. The research is being conducted for two basic reasons.

1. To determine whether or not changes will have to be made in connection with the services being offered at the present time by the Arts and Crafts Division and whether new services will have to be developed.

2. To inform communities which, to date, have not received assistance from the Arts and Crafts Division, of the various services that are available.

The members of the Arts and Crafts Division have prepared in advance a number of questionnaires, which are used in each community having an active program in the arts and crafts field, to determine present needs, new ways in which the Arts and Crafts Division can assist with various kinds of programs and on what basis change should be made in connection with the present services offered.

To get to all of the communities in which programs are presently being carried on and to all those in which the Division has located a contact, it has

been necessary to divide the province into a number of areas. Each member of the Division is assigned an area, or areas, and sets out on a hectic schedule of meeting contacts, asking questions, passing out prepared information, etc.

One does not realize the size of the province, the differences in communities, the complexities of over-all problems, until they start to dig into the nooks and crannies, visiting individuals, representatives, whole organizations, etc.

It is too early to summarize the results of this research. When all the information has been gathered, it will be necessary to sort out the answers and discuss all of the information gained. This will be no easy task and will require quite some time. It is hoped that many of the suggestions and ideas presented by various individuals and organizations will have effect on the 1964-65 over-all arts and crafts program.

The Arts and Crafts Division wishes to thank the individuals and organizations who have co-operated so readily to date and looks forward to meeting those who reside in areas of the province not yet covered by the survey and research, in the very near future.

ARENA STUDY UNDERWAY

The Branch is presently conducting a provincial inquiry on arena seasonal programming, operation and off season activities. Any community that has not taken the opportunity to be part of this exchange of current information should contact Mr. Harry Walters, Southern

Area Consultant, 702-16 Avenue, N.W., Calgary, immediately. All communities taking part will automatically receive a summary of results from points throughout Alberta. The co-operation and returns to date are most encouraging.

ATTENTION! HOCKEY TEAMS!

Hockey Teams wishing to register for A. A. H. A. playoffs, contact

Mr. Clare Rudomski,
32 Mount Joy Ave.,
Camrose, Alberta.

BRASS CLINICS AID MUSIC STUDENTS TO BETTER TECHNIQUES

Apart from the regional weekend Band and Orchestra Workshops which are held in various communities throughout the year, a series of Clinics for Brass players are being conducted by A. "Harry" Pinchin. They are intended to either follow up the preliminary work which has been conducted at a regional Workshop, or to expose Brass players in various areas of the Province where weekend Workshops have not been held, to the methods of Brass playing. Mr. Pinchin feels that much of the problem in the development of Brass players in the Province, particularly in rural areas, lies with the fact that they have not heard Brass playing apart from recorded versions. Mr. Pinchin plays 2 or 3 selections with a local accompanist, lectures, and demonstrates the various techniques which go to make up Brass playing. He advises on proper study material, and methods of private practise, and generally hopes to stimulate an interest in better Brass playing. An important facet of the Clinic is the questionnaire period where young Brass players are encouraged to ask questions concerning the performance on a Brass instrument. It is hoped that in the future similar Clinics can be held for Woodwind and String players. To date, Mr. Pinchin has held Clinics in Redwater, Drayton Valley, Edson, Warner, Cardston, and the Crowsnest Pass. There is no cost involved for those attending the Clinics. It is hoped that by taking professional players into the communities the musical programs will be helped, particularly in areas where it is difficult for the students to gain professional assistance.

THOUGHT

"Growing old is no more than a bad habit which a busy man has no time to learn."—Andre Maurois.